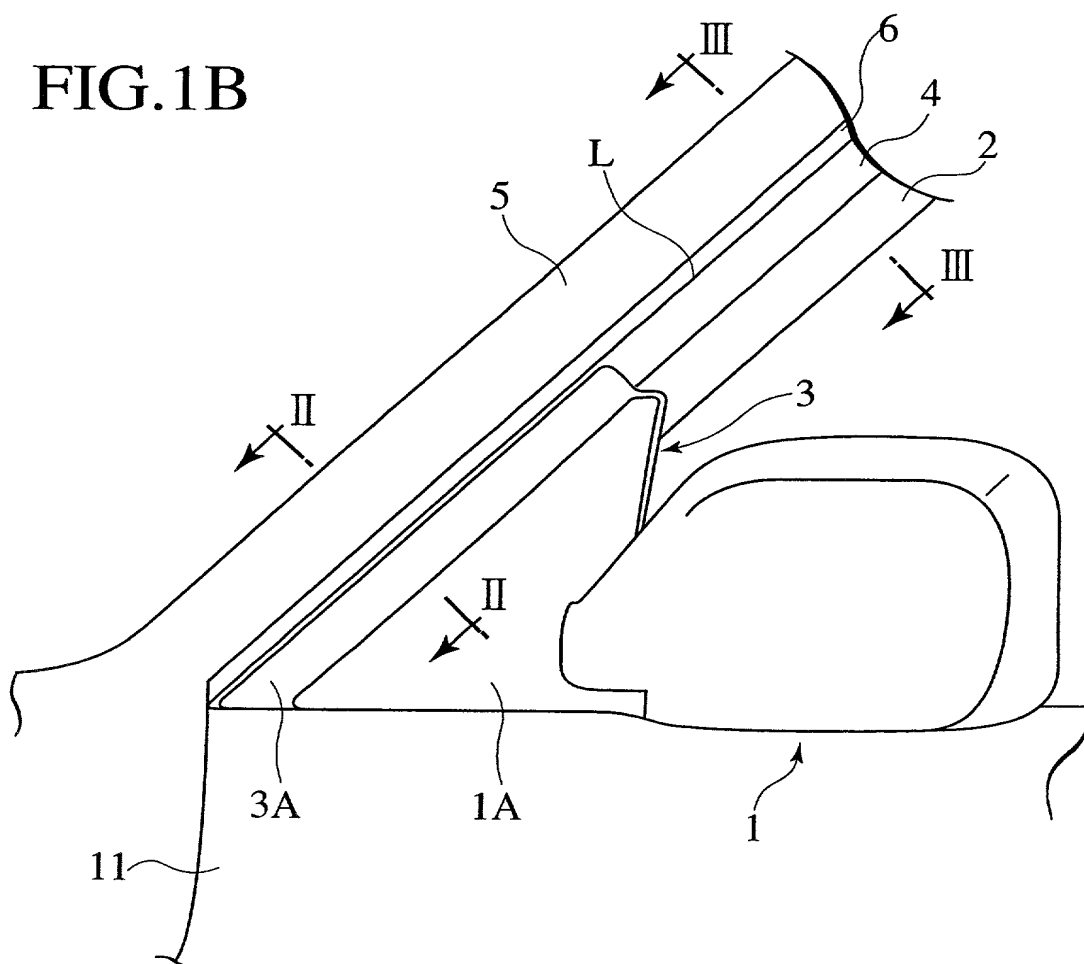


FIG. 1B



Abstract The purpose of this study was to determine the effect of a 12-week training program on the heart rate (HR) and blood pressure (BP) of sedentary, middle-aged men. The subjects were divided into two groups: a control group and an exercise group. The control group consisted of 10 men who did not exercise, and the exercise group consisted of 10 men who exercised for 12 weeks. The HR and BP were measured at baseline and at the end of the 12-week period. The results showed that the exercise group had a significant decrease in HR and BP compared to the control group. The HR decreased from 72 to 68 beats per minute, and the BP decreased from 120/80 to 110/70 mmHg. The control group showed no significant change in HR and BP. The results suggest that a 12-week training program can effectively reduce HR and BP in sedentary, middle-aged men.

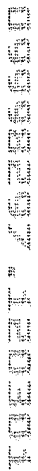


FIG.3

